



## Southside Community & Senior Center

5585 Cottle Rd., San José 95123

Phone: 408-629-3336 Senior Ctr: 408-629-3435

Fax: 408-365-7135

Supervisor: Alan Briscoe

Email: alan.briscoe@sanjoseca.gov

Bus Lines: 27 and 68

Types of Programs: Fee class, rental, senior programs, senior nutrition, and special events.

### GETTING TO SOUTHSIDE

County Transit bus lines #27 and #68 run very close to our Center. #27 stops right in front on Poughkeepsie Road and #68 stops across the street on Cottle Road in front of the Unocal 76 Gas Station. We are down the street from Light Rail.

## ARTS & CRAFTS

### Basic Oil Painting \$71

Have fun learning how to mix colors, how to use different techniques, perspectives & how to become comfortable with brushes. Create pictures that you will be proud of hanging on your walls. The supply list will be mailed with class confirmation.

*Instructor: Asghari*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.101	T	1/20-3/23	6:30-9pm	14+	10	SS

### My First Art Class \$52

Spend quality time with your toddler creating art and having fun together! Each week will feature a new theme with five art stations all consisting of new and exciting projects. The class ends on a musical note with lots of singing and dancing and having too much fun! Parents must attend class with registered child only. Wear your grubbies. See instructor for optional \$16.00 toddler art project book.

*Instructor: My First Art Class*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.104	F	1/23-2/13	9:30-10:30am	18-36m	4	SS
216.3.105	F	1/23-2/13	10:45-11:45am	2-5	4	SS
216.3.106	F	2/27-3/19	9:30-10:30am	18-36m	4	SS
216.3.107	F	2/27-3/19	10:45-11:45am	2-5	4	SS

### Fun W/Mud \$114

Get your hands dirty while you tackle the basics of sculpting forms & experience the joy of slippery clay through your fingers. Students will engage in fun & learning as they take a trip to the Museum & explore SJMA's *Collection Highlights*. Students will create their own ceramic "master piece" inspired by the art they have seen & experienced.

*Instructor: San Jose Museum of Arts*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.102	T	1/20-3/23	6-7:30pm	7-12	9	SS

## DANCE

### Art Adventures \$92

A favorite for preschoolers, this class blends creative drama, dance, music & visual arts for a one-of-a-kind program. Children explore the various fields of art with costumes, props, music, arts & crafts, and lots of imagination! With emphasis on the process rather than the product, participants are inspired to develop individual talents and realize the artist that lies within!

*Instructor: CLAP*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.201	W	1/21-3/10	9:30-10:15am	2-4*	8	SS
216.3.202	W	1/21-3/10	10:15-11am	3-5	8	SS

\*Parental participation is required.

### Bouncin' Babies \$70

An active class for all babies and parents. Shake, rattle and roll to exciting and lively music, use tambourines, shakers, drums, and other fun instruments. The class will also have an emphasis on pre-walking and early walking skills.

*No class: 2/16*

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.203	M	1/26-3/22	9:30-10:15am	10-18m	8	SS

### Cheerleading \$70

Children will learn cheerleading moves, routines and cheers. This class will help children gain self-esteem while having fun learning. This class is designed to teach beginners the basics and improve the skills of those more advanced.

*Instructor: KidSafe*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.204	T	1/20-3/23	5:30-6:10pm	5-7	10	SS
216.3.205	T	1/20-3/23	6:15-6:55pm	8-13	10	SS

### Creative Movement & Dance \$70

A fun class for the little one. Be a bird, butterfly, bunny or just be yourself and act funny! Children will learn to dance and move to nursery songs & popular children's tunes. Participants will dance w/scarves, wands, hula hoops & more.

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.206	F	1/23-3/12	11:30am-12:15pm	3-5	8	SS

### Dancin' Boogie Babies \$70

Come have some serious fun with your little one and do the Boogie Woogie Bear! You and your baby will sing and dance to lively nursery songs and children's show tunes. Jump, run, hop and boogie away with hula hoops, dancing scarves, bean bags and more. Class will also include tumbling on mats with easy stretches and exercises to do with your baby.

*No class: 02/16*

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.207	M	1/26-3/22	10:30-11:15am	19-30m	8	SS
216.3.208	F	1/23-3/12	9:30-10:15am	19-30m	8	SS

**DANCE****Floor Gymnastics \$47**

Like to move? Come and learn basic gymnastic skills such as cartwheels, backbends, headstands, and more.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.209	T	1/22-3/11	4:30-5:25pm	6-10	8	SS

**Fun Fitness / Tumbling \$70**

Come join this active fun class. Students will learn basic front rolls, back rolls, somersaults, headstands, bridges, crabwalks and more. Fitness warm-ups and energized exercises to music are included. This class enhances your child's coordination, motor skills balance, strength, flexibility and self-confidence.

*No class: 02/16*

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.210	F	1/23-3/12	3-3:45pm	5-7	8	SS
216.3.211	M	1/26-3/22	2-2:45pm	3-5	8	SS

**Hip Hop Dance \$47**

Explore beginner and intermediate Hip Hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety... and of course have fun doing it.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.212	Th	1/22-3/11	5:30-6:25pm	6-10	8	SS

**Jazz Dance \$47**

This class teaches the basics of jazz dance including, but not limited to, stretching, floor work, technique, combinations and dance terminology. Black Jazz shoes and appropriate dance attire are required.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.213	Th	1/22-3/11	4:30-5:25pm	6-10	8	SS

**Jazz Dance/Fitness/Hip Hop \$70**

Join this energizing and electrifying dance class and learn synchronized moves to a jazzy and funky beat. Be part of the new age, new rage dance. Sensations just like you see on T.V. videos. Learn jazz steps and the latest moves of today. Serious fun for everyone.

*No class: 2/16*

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.214	F	1/23-3/12	4-5pm	6-9	8	SS
216.3.215	M	1/26-3/22	4:15-5:15pm	6-9	8	SS

**Jazz Dance/Hip Hop \$47**

Explore beginner and intermediate Hip Hop dance, music and culture through regular practice of various routines and dance techniques. Develop coordination skills, interpersonal skills, and overcome performance anxiety... and of course have fun doing it.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.216	T	1/20-3/9	9-9:55am	3-6	8	DAA

**Kindergymnastics \$47**

Designed to teach basic gymnastic skills, including movement exploration, balance and coordination. Parents may attend a 10-minute overview at the first class meeting and a performance at the last class meeting only.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.217	T	1/20-3/9	11-11:55am	3-6	8	DAA
216.3.218	W	1/21-3/10	10-10:55am	3-6	8	DAA

**Little Shining Stars \$70**

Fosters confidence and self-esteem in your child while they explore creativity and imagination through fun, fast-paced drama games and activities. Students will explore movement, puppetry, rhythm, mime, and acting in a supportive and positive environment. Children won't want to miss out on this wonderful opportunity to experience the magic of theater and fun! Note: dress comfortably.

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.219	F	1/23-3/12	1-1:45pm	3-5	8	SS

**Parent-Toddler Gymnastics \$47**

This is a parent participation class where the parent can work with their child to stimulate development through music, games and body awareness. Only registered participants are allowed in class.

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.220	T	1/20-3/9	10-10:55am	22-36m	8	DAA
216.3.221	W	1/21-3/10	11-11:55am	22-36m	8	DAA
216.3.222	Th	1/22-3/11	2:30-3:25pm	22-36m	8	SSC

**Ballet & Tap \$47**

In this joyful combination class of ballet and tap, routines, steps, and ballet positions will be taught. Come shuffle those happy feet and learn some basic tap steps and routines.

*No class: 2/16*

*Instructor: Dance Arts Academy*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.223	W	1/21-3/10	9-9:55am	3-6	8	DAA
216.3.224	M	1/26-3/22	2-2:55pm	3-5	8	SS
216.3.225	F	1/23-3/12	2-2:45pm	4-6	8	SS
216.3.226	M	1/26-3/22	3-4pm	5-7	8	SS
216.3.228	T	1/20-3/9	3:30-4:25pm	6-10	8	SS

**Terrific Tots \$70**

This is a creative, imaginative, and serious fun class for toddlers and parents. Children will do what their bodies are meant to do: move and explore! Class includes activities such as singing and dancing to popular show tunes and preschool songs. Everyone plays with hula-hoops, balls, scarves, and musical instruments. Come jump, run, hop, and frolic around. Be a bird, butterfly, bunny or just be yourself and act funny.

*No class: 2/16*

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.227	M	1/26-3/22	11:30am-12:15pm	2.5-3.5	8	SS



## DANCE

### Twinkle Toes Ballet \$70

This "serious fun" class for tiny tots will teach grace, coordination, balance and improve your child's rhythm. Simple ballet positions and steps will be taught to beautiful classical music. Ballet shoes are recommended.

*Instructor: DanceKids*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.228	F	1/23-3/12	10:30-11:15pm	3-5	8	SS

## EARLY CHILDHOOD RECREATION

*Please read the ECR Policy on page 14.*

### Kindertots \$380

This class emphasizes age appropriate activities, which may include crafts, stories, parties, drama, music, and games used to develop socialization skills, hand/eye coordination, and motor skills. Children should have a general understanding of their numbers and letters, so that these skills can be improved, however the emphasis of the class is on fun. Child must be toilet trained.

*No class: 1/19, 2/16, 3/31*

*Instructor: Coffee/Ulrich*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.305	M-Th	1/20-3/25	9am-1pm	4-5	38	SS

### Kindertots \$325

*Instructor: Murdock/Roth*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.307	M/W/F	1/21-4/2	9am-12:30pm	4-5	30	SS

### Kindertots \$318

*Instructor: Murdock*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.308	T/W/Th	1/20-3/25	1-4:15pm	4-5	30	SS

### Tiny Tots \$312

This class will help your child prepare for pre-school and kindergarten. Classes are designed to promote independence, and improve social, cognitive, and movement skills. Activities include crafts, stories, parties, playtime and simple learning concepts. Child must be completely toilet trained and able to attend the class by themselves.

*No class: 1/19, 2/16, 3/31*

*Instructor: Gavin/Torres*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.301	M/W/F	1/21-4/2	9am-12pm	3-4	30	SS
216.3.303	T/W/Th	1/20-3/25	12:30-3:30pm	3-4	30	SS

### Tiny Tots \$290

*Instructor: Gavin/Torres*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.302	T/Th	1/20-4/1	9am-12pm	3-4	22	SS

*Instructor: Murdock*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.304	T/Th	1/20-4/1	9am-12pm	3-4	22	SS

## MUSIC/THEATER ARTS

### Act One! \$92

Take an imagination journey filled with fun and fantasy! Designed for children of varied abilities, this spectacular drama workshop uses theatre games, improv, and a variety of costuming and props to take children on adventures they won't soon forget! From fairy tale castles to safari scenes, budding young artists explore the world of creative drama. At conclusion of this program, children collaborate on a wildly fun variety show where they put their talents on display.

*No Class: 2/16*

*Instructor: CLAP*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.401	M	1/26-3/22	5:30-6:30pm	6-10	8	SS

### Creative Movement Dance Workshop \$92

A fun creative movement class that develops coordination, attention span and gross motor movement skills for children.

*Instructor: Theater Fun*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.402	T	1/20-2/24	11:30am-12:15pm	3-6	6	SS

### Center Stage \$92

Comedy and laughter are contagious in this truly entertaining program that combines drama, comedy and improv. Theatre games, costuming and props set the stage for a fun filled time. Children tap into their creativity as they act spontaneously through improvisation and laugh along with others in comical skits. At the end of this course, participants put their talents to work in the production of their very own, live entertainment show!

*No Class: 2/16*

*Instructor: CLAP*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.403	M	1/26-3/22	6:30-7:30pm	10-14	8	SS

### Curtain Calls \$92

Do you have a flair for the dramatic? Are you a natural born comedian? Teens who love to perform will have a great time learning techniques in stage presence, vocal projection, character development, and script analysis throughout this course. Theatre and improv games, costuming and props add to the fun. Students polish up on their performance skills and personal style, concluding this course with a production of their very own, live entertainment show!

*No Class: 2/16*

*Instructor: CLAP*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.404	M	1/26-3/22	7:30-8:30pm	14-18	8	SS

### Fairytale Theater Workshop \$92

Every week a new fairy tale! Hear the story then act it out through the magic of creative drama.

*Instructor: Theater Fun*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.405	T	1/20-2/24	9:30-10:15am	3-5	6	SS

*...in sports as in every area of life,  
the desire to excel is within everyone...*

**MUSIC/THEATER ARTS****Hello Hollywood \$46**

This hands-on, fun workshop is similar to Drew Carey's TV show "Whose Line Is It Anyway?" Guaranteed to be theatrically educational, interactive, entertaining, funny, experimental and creatively challenging. No scripts and no homework! Learn to improvise and think fast on your feet. Students will receive a certificate upon completion of this course. [www.hellohollywoodproductions.com](http://www.hellohollywoodproductions.com)

*Instructor: Lee*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.406	Th	1/22-3/25	6:30-7:30pm	8-17	10	SS

**Mix Media w/Colored Pencils \$71**

This is a parent & child class to learn. Class will start with lines, shapes and move to perspectives & techniques. No experience necessary. The supply list will be mailed out with class confirmation.

*No Class: 2/16*

*Instructor: Asghari*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.407	M	1/26-4/12	6:30-9pm	10+	10	SS

**Mommy & Me Story Time Theater \$92**

Parents participate with their preschoolers in this fairy tale workshop. Each class involves a new story. Our "storytellers" read the story and children act it out through the magic of creative drama! Children will also make a craft each class that corresponds with the story of the week.

*Instructor: Theater Fun*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.408	T	1/20-2/24	10:30-11:15am	3-5	6	SS

**Piano/Keyboard - Level I \$77**

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Level I: Beginner level with no prior keyboard experience. Access to a piano or keyboard is recommended. A \$7.00 music book fee for ages 6-12 is payable to the instructor and will be collected at the first class. A \$15.00 music book fee for ages 13+ is payable to the instructor and will be collected at the first class. Students must bring their own set of 1/4" headphones.

*Instructor: Noteworthy Music*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.409	Th	1/22-3/25	3:15-4pm	6-7	10	SS
216.3.410	Th	1/22-3/25	4:05-4:50pm	8-12	10	SS

**Piano/Keyboard - Level II \$77**

Must have completed Level I or have prior piano experience.

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.412	Th	1/22-3/25	4:55-5:40pm	6-12	10	SS

**Piano/Keyboard - Level II/III \$77**

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.413	Th	1/22-3/25	5:45-6:30pm	6-12	10	SS

**SPECIALTY CLASSES****Blast off into Science \$102**

Mad Science is back & the exploring, learning & uncovering begins. Acids & Bases, Dry Ice, Laser Light, matter of fact, Rocket building, space & Rocket Demo will be covered all in 8 weeks.

*Instructor: Mad Science*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.108	M	1/26-3/22	5-6pm	5-12	8	SS

**SPORTS & FITNESS****Ice Skating Lessons \$107**

Does your child want to be the next Mike Ricci or Christy Yamaguchi? Southside and Logitech Ice Center is offering an 8 week introductory series that will cover the proper way to fall down, get up, two footed glide, one foot glide, forward swizzles, forward stroking, backward swizzles, stopping, and an introductory spin. The series includes a 30 minute class once a week and the public session the day of the class. Skate rental is included in the class price. Location: 1500 S. 10th St.

*Instructor: Logitech Ice Centre*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.501	F	1/23-3/12	3:30-4pm	6-9	8	SJIC
216.3.502	F	1/23-3/12	4-4:30pm	8-12	8	SJIC

**Self Defense and Safety Awareness \$70**

Children will learn self defense and safety awareness in a fun and safe environment. Classes will be tailored to each age group according to physical, mental, and emotional ability. Children will be taught both verbal and physical skills involved in self-defense. Emphasis will be placed on increasing the student's awareness of potentially dangerous situations.

*No class: 2/16*

*Instructor: KidSafe*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.503	M	1/26-4/12	5:15-5:55pm	5-7	10	SS
216.3.504	M	1/26-4/12	6-6:40pm	8-15	10	SS

**Self Defense and Safety Awareness****Yellow Belt \$70**

*No class: 02/16*

*Instructor: KidSafe*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.505	M	1/26-4/12	6:45-7:25pm		10	SS

**Orange Belt & Above \$70**

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.506	M	1/26-4/12	7:30-8:10pm		10	SS

**Coed Soccer League**

Beginning late Feb and running through April. The sports program is for children ages 4 to 12 years and is held on Saturday's. Please call 408-629-3336 for more information.





## SPORTS & FITNESS

### Kidz Love Soccer \$58

KLS is a non-competitive environment for children to learn and play the world's most popular sport. Each session includes age specific warm-ups, demonstrations, thematic progressions, and recreational games. Classes are co-ed and every participant will have a ball at their feet! Shinguards are required after the first class meeting. Tot Soccer: 3-5 years-Encourages motor skills and introduces small children to the group setting. Pre-Soccer: 4-5.5 years-Teaches the basic technique of the game and builds self-esteem through participation and fun soccer activities. Soccer 1: 5-6 years-Teaches the basic techniques of soccer for beginners. Dribbling, passing, receiving, and shooting. Soccer 2: 7-8 years-Same as Soccer 1, also introduces team tactics. Soccer 3: 9-12 years-Same as Soccer 1 and 2, but also introduces advance soccer techniques and tactics. Rainout Hotline 1-800-399-8111. Location: La Colina Park.

*Instructor: Kidz Love Soccer*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.507	T	1/20-3/9	10-10:35am	4-5.5	8	LC
216.3.508	T	1/20-3/9	2:45-3:20pm	4-5.5	8	LC
216.3.510	T	1/20-3/9	3:20-4:05pm	5-6	8	LC
216.3.512	T	1/20-3/9	4:05-4:50pm	7-8	8	LC
216.3.514	T	1/20-3/9	4:05-5:05pm	9-12	8	LC
216.3.516	T	1/20-3/9	9:30-10am	3.5-4	8	LC
216.3.517	T	1/20-3/9	4:50-5:20pm	3.5-4	8	LC

### Winter Warriors Soccer - Level I \$75

Join Kidz Love Soccer for eight Saturdays as boys and girls play games in a 6-on-6 format. This allows participants multiple touches on the ball, lots of running around and super soccer action! Each team can have up to a maximum of nine players. Players will receive tactical and technical instruction from a Kidz Love Soccer coach, who also officiates the game. In addition all players will receive a soccer shirt in their team's color and a participation award on the last day of play.

*Instructor: Kidz Love Soccer*


Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.519	Sa	12/6-2/7	9:30-10:15am	5-6	8	LC

### Winter Warriors Soccer - Level II \$75

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.520	Sa	12/6-2/7	10:15-11am	7-8	8	LC

### Winter Warriors Soccer - Level III \$75


Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.521	Sa	12/6-2/7	11am-12pm	9-12	8	LC



Check out the

### Office of Therapeutic Services

on page 94 for  
specialized recreation programs  
for people with disabilities!



## ADULT CLASSES

### Ballroom Dance - Intermediate \$91

Have fun with the Sala Swing, Cha Cha, Tango, Rumba and Nightclub Two Step. Positions, step patterns, lead / follow and etiquette will be taught. Social Dance is a great way to meet people, build confidence and get a swinging workout. Informal dress is fine. Please wear shoes with a smooth surface and come prepared to dance your socks off. The patient and dedicated Jason Esswein will be your instructor throughout the class.

*Instructor: Esswein*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.701	T	1/20-3/9	7:30-9pm	18+	8	SS

### Hello Hollywood \$58

This hands-on, fun workshop is similar to Drew Carey's TV show "Whose Line Is It Anyway?" Guaranteed to be theatrically educational, interactive, entertaining, funny, experimental and creatively challenging. No scripts and no homework! Learn to improvise and think fast on your feet. Students will receive a certificate upon completion of this course. [www.hellohollywoodproductions.com](http://www.hellohollywoodproductions.com)

*Instructor: Lee*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.702	Th	1/22-3/25	7:30-9pm	18+	10	SS

### Low Impact Aerobics \$75

A total body workout designed for the beginner level. Emphasis will be placed on low impact moves.

*No class: 3/31*

*Instructor: Bolden*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.703	T/Th	1/20-4/1	6-7pm	18+	22	SS

### Piano/Keyboard Level I \$77

A class in basic piano skills and music reading. Principles of rhythm, melody, harmony and ear training are taught with the aid of tonally accurate portable keyboards provided by the instructor. Participants will enjoy this individual approach. Level I: Beginner level with no prior keyboard experience. Access to a piano or keyboard is recommended. A \$15 music book fee for ages 13+ is payable to the instructor and will be collected at the first class. Students must bring their own set of 1/4" headphones.

*Instructor: Noteworthy Music*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.704	Th	1/22-3/25	6:35-7:20pm	13+	10	SS

### Positivity \$50

Learn 30 proven success methods (positips) to build & maintain a positive attitude. Learn to set personal goals & meet them; double your energy and enthusiasm. Overcome worry, anxiety, stress and depression. Develop self-esteem, confidence and selfworth. Improve your memory, discover your hidden creativity and learn to be financially independent on an average salary. \$15.00 text book fee due to instructor on the first day of class.

*No Class: 2/16*

*Instructor: Positive Paul*

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.705	M	1/26-3/1	7-9pm	18+	5	SS



## ADULT CLASSES

### The Approach \$78

Is it hard for you to say no? Are you blunt or not tactful enough? Are you shy or do you have difficulties getting through to people within the home or work environment? Learn to use optimism, diplomacy, and tactfulness. This class guides you to the pathway to create the right communication tools that will guarantee to better any situation. Solving problems, etc. by using optimism. Learn what to say, how to say it, where and when to say it effectively in order to get great results. Act now, it's all in "The Approach" certificates issued upon completion.

No class: 2/16

Instructor: Lee

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.715	M	1/26-3/22	6:30-9pm	18+	8	SS

### Clay Pasa \$154

This introductory class for adults will cover basic hand-building techniques for creating ceramic sculpture. Slab construction, coiling & pinch-forming methods will be explored through a variety of exceptionally fun & interesting projects inspired by works in SJMA's Permanent Collection. Surface texture techniques such as stamping, carving and glazing will also be introduced.

Instructor: San Jose Museum of Arts

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.718	M	1/26-3/22	6:30-8:30pm	13+	9	SS

### Stained Glass \$98

Learn to transform pieces of glass into works of art! In this class you will learn to cut, foil and solder the glass into a beautiful window. If you know the basics, we can take your skill to the next level, beginning and intermediate students are encouraged to sign-up for this class. Instructor will inform you about supplies needed at the first class.

Instructor: Hunt

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.707	Th	1/22-3/25	6:30-9pm	18+	10	SS

### Step Aerobics \$75

Is a beginning level class including body toning. This fun, cardiovascular, low impact, high intensity workout will get you in shape.

No class: 2/16, 3/31

Instructor: Bolden

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.708	T/Th	1/20-4/1	7:15-8:15pm	18+	22	SS

Instructor: Ridi

216.3.709	M/W	1/21-4/12	6-7pm	18+	22	SS
-----------	-----	-----------	-------	-----	----	----

\$38

Instructor: Ridi

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.710	Sa	1/24-4/3	8:45-9:45am	18+	11	SS

### Tennis - Beginners \$30

Introduction to basic strokes, including forehand, backhand, overhead serve (lob and net) racquet size purchase guidelines, court etiquette and score keeping. Doubles and singles strategies will be taught. Wear court sneakers. Students provide their own racquet and one unopened can of tennis balls. Location: Los Paseos Park.

No Class: 2/16

Instructor: Myers

#### For Women

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.711	M	1/26-3/22	10-11am	18+	8	LP

#### For Men

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.712	F	1/23-3/12	10-11am	18+	8	LP

### Tennis - Intermediate \$30

Enjoy top-flight tennis instruction. Each student is required to bring their own tennis racquet and one unopened can of tennis balls to the first day of class. For those who wish to improve their depth and placement. Fundamentals of singles and doubles strategy.

No Class: 2/16

Instructor: Myers

#### For Women

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.713	M	1/26-3/22	11-12pm	18+	8	LP

#### For Men

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.714	F	1/23-3/12	11-12pm	18+	8	LP

### Yoga \$90

Increase your strength, flexibility, inner balance and vitality by participating in this class designed to reconnect you to your true self. This class will focus on relieving tension in the back, neck, shoulders, and hips through breathing techniques and relaxation. Additionally, special attention will be paid to proper alignment to enhance energy flow and posture.

Instructor: Pickel

Course#	Day	Date	Time	Age	Mtg.	Loc.
216.3.716	T	1/20-3/23	6-7:30pm	18+	10	SS
216.3.717	T	1/20-3/23	7:30-9pm	18+	10	SS

### Parks, Recreation and Neighborhood Services Vision

*Communities of People*  
connected by  
*Play, Hope & Joy in Life.*





## SOUTHSIDE SENIOR CENTER PROGRAMS

Southside Community and Senior Center offers a detailed monthly activity guide listing all programs and services and includes the nutrition menu. This guide can be obtained by visiting the center. Please refer to page 8 for additional information regarding citywide aging services offered through the Office on Aging. Southside Senior Center phone number is 408-629-3435.

### Senior Nutrition

#### Nutrition Reservations

**\$2**

The Nutrition Program provides tasty and nutritious hot meals for seniors over 60 years of age. This is a great time to socialize with friends and family as well as meet new friends. Lunch is served Monday through Friday at 12pm — please check the detailed monthly activity guide for the daily menu. Each meal provides one-third of the Recommended Daily Allowance for seniors. Occasional workshops are provided on a variety of topics. The suggested donation for seniors 60+ is \$2.00 and the guest fee for individuals under 60 is \$5.00. Lunch cards are available for \$40 and is good for 21 meals — it's like getting one free! The lunch card can be used at any nutrition site and does not expire until all 21 meals have been used. NOTE: Reservations are required. Please call 408-629-9606 at least one day in advance but not more than two weeks.

### Advisory Council

Advisory Council is a group of volunteers who are responsible for providing input to the center staff on programs and senior issues. If you have ideas on how to improve programs and services at our center, please join us! The Southside Senior Advisory Council meets monthly on the second Wednesday of the month at 10:00am.

### Newcomers Orientation

Each month a Newcomers Orientation is held in order to provide an overview of the vast array of programs and services offered at Southside Senior Center. Included is a guided tour of the Center, an opportunity to meet staff, a detailed monthly activity guide, an overview of center membership, as well as an invitation to stay for lunch. Please call the Southside Senior Center office to reserve a seat just for you. Newcomers Orientation are scheduled the first Friday of each month at 10:30am.

*Satisfaction is important to us  
We want to provide quality programs to  
all participants. If you are not satisfied  
with your program, let us know. Contact  
staff at your local facility, call 408-277-  
4661, or email PRNS@sanjoseca.gov.*

### Senior Services

#### Older Adult Resource Specialist

**Free**

The Older Adult Resource Specialist Program works to empower senior residents and their families to better access community support services in order to promote independent living. This service includes assessment, planning, and information and referral on such topics as transportation, housekeeping, companionship, personal care, delivered meals and more. The Older Adult Resource Specialist holds office hours at Southside Senior Center every second and fourth Wednesday of the month from 10am to 1pm. Please make an appointment by calling the Center.

#### Senior Adult Legal Assistance

**Free**

Free legal advice for adults 60 years of age or older who are residents of Santa Clara County. Half-hour consultations on problems in the areas of Social Security, Supplemental Security Income, Medicare, Medi-Cal, in-home supportive services, elder abuse, housing, and long-term care insurance. SALA is at the Center the first and third Tuesday of each month from 9:30-11:30am. Please make an appointment by calling the Center.

#### Health Insurance Counseling

**Free**

The Health Insurance Counseling and Advocacy Program promotes awareness and education regarding health insurance issues on Medicare, Medi-Cal, supplemental insurance as well as long-term care insurance. Trained Volunteers from HICAP are at the Center the second and fourth Tuesday of each month. Please make an appointment by calling the Center.

#### Vial of Life

**Free**

In an emergency, time is crucial. The Vial of Life kit enables Emergency Responders to quickly locate helpful information regarding your medical history. Emergency Responders, Firefighters, Paramedics and Police are trained to look for the Vial of Life sticker and obtain information from the Vial. Pick up a free Vial of Life kit in the Center's office.

#### Flash Pass

**\$17.50**

Monthly Flash Passes to ride county transit buses are available for those 65 years of age and older or disabled. You will receive a monthly sticker to attach to your VTA photo ID card.

#### BART Tickets

**\$4**

BART tickets are \$4 but good for \$16 worth of rides. Tickets are available for those 65 years of age and older.

### Adult Education

The Center offers a wide variety of Adult Education Classes geared towards seniors. Most classes are free or low cost. Pick up an Adult Education class guide at the Center. The Fall Semester typically runs from early September to mid-December while the Spring semester runs from mid-January to May.

**Senior Drop-in Activities****Cards-Bridge**

Tuesdays: 9am-1pm

**Chinese Cultural Club**

Tuesdays: 9am-3pm

**Computer Lab**

Mondays through Fridays: 9am-4pm

Reservations for computer use required. Please call center.

**Craft Club**

Thursdays: 9am-12pm

**Dominoes**

Wednesdays: 1:30-4:30pm

**Handwork Club**

Mondays: 9am-1pm

**Happy Singer**

Fridays: 1-3:30pm

**Horseshoes**

Fridays: 9:30-11:30am

**Memories Singing Group**

Wednesdays: 9:30-11am

**Ping Pong**

Monday/Wednesdays: 1-4:30pm

**Walking Club**

The group walks around the park course at the Hayes Mansion. Location: Hayes Manison

Tuesday: 9am-1pm

**Women's Friendship Club**

Tuesday: 9am-1pm

They are a group of women who join together to share good friendship and interesting activities. Activities may include a day trip, craft demonstration, and guest speakers. Programs are occasionally off site. Trips are for members only and they guests. New members are always welcome. Please call 408-629-3435 for a schedule of their activities each month.

**Line Dance Social**

1st Friday of the month: 1:30-3:30pm.

**Ballroom Social**

3rd and 4th Fridays of the month: 1:30-3:30pm.

Dance days are subject to change.

**Senior Bingo**

Bingo is offered every Tuesday from 1:30-3:30pm. There are free snacks, door prizes, and special games. Packs are \$6 for 10 games. Payouts for regular games are \$75 per game. Payout for the Blackout Game is \$125. Come join the fun! Bingo is completely run by volunteers and we're always looking for additional help.

Free

Free

Free

Free

Free

Free

Free

Free

Free

Free

Free

\$1

\$3

**Senior Special Events****Membership Pancake Breakfast**

FREE/members

Course#	Day	Date	Time	Age	Mtg.	Loc.
	S	1/31	9-11am			SS

**Chinese New Year Luncheon** Suggested Donation

Course#	Day	Date	Time	Age	Mtg.	Loc.
	F	1/23	11am-1pm			SS

**Valentine Luncheon**

By donation

Course#	Day	Date	Time	Age	Mtg.	Loc.
	F	2/13	11am-1pm			SS

**St. Patrick's Luncheon**

By donation

Course#	Day	Date	Time	Age	Mtg.	Loc.
	W	3/17	11am and 12:30 pm			SS

Reservations required 3 days in advance for luncheons.

**SAVE THE DATE!!**

Looking for summer time fun? Look no further!! Southside Senior Center - ANNUAL ADVISORY COUNCIL FUNDRAISER: Saturday, June 12, 2004 from 4-8pm . BBQ dinner, dancing, games, prizes and more! Adults 18 and older. More details to follow in the Spring Citywide Guide.

**Neighborhood Parks****Important Numbers • (408) 794-1383**

- To report an emergency at a park, **911\*** or 277-8911 from cell phones
- To report a non-emergency at a park, **311\*** or 277-8911 from cell phones
- To file a park concern with SJPD Mounted Unit, 277-5472
- To report a maintenance concern at a park, 794-1383
- To report a maintenance emergency at a park after hours, 277-4000
- To inquire about sports field reservations, 369-3907
- To volunteer at a neighborhood park, Adopt-a-Park, 277-4477

*\*Callers may ask to remain anonymous.*

Visit [www.sjparks.org](http://www.sjparks.org)  
for current park information.







# SAN JOSE AFTER SCHOOL

## Southside Area

**San José After School** is a partnership by the City of San José, with school districts, community-based organizations, teachers and parents to provide safe, fun and enriching activities for youth after school.

After school programs promote healthy youth development and student learning. This includes homework centers and tutoring, recreation, arts, and enrichment activities, and technology centers. Youth will enjoy safe, fun, and enriching activities at sites located throughout San José.

There are wonderful after school programs in your area. For more information about schools, libraries, and centers offering after school programs, please contact 408-277-5123.

### Types of Programs

**Level 1: Homework Assistance.** Level one sites offer after school homework help at many locations in San José.

**Level 2: Safe and Accessible After School Programs.** Level two sites will offer integrated recreation and literacy and math enrichment programs.

**Level 3: Integrated and Comprehensive approach after school programs.** Level three sites integrate literacy, leadership, education, nutrition, cultural arts and recreation activities.

Sites	Level of Program	Time
Anderson Elementary School	Level 1, Homework Assistance	*
Baldwin Elementary School	Level 1, Homework Assistance	*
Bernal Intermediate School	Level 1, Homework Assistance	*
Blossom Valley Elementary School	Level 1, Homework Assistance	*
Caroline Davis Intermediate School	Level 1, Homework Assistance	*
Christopher Elementary School	Level 3, Comprehensive	3:00-6:00pm
Eden Palms Apartments	Level 1, Homework Assistance	*
Edenvale Elementary School	Level 3, Comprehensive	2:30-6:00pm
Frost Elementary School	Level 2, Safe and Accessible	2:00-4:30pm
George Miner Elementary School	Level 3, Homework Assistance	2:30-6:00pm
Glider Elementary School	Level 1, Homework Assistance	*
Hayes Elementary School	Level 1, Homework Assistance	*
Herman Intermediate School	Level 1, Homework Assistance	*
Ledesma Elementary School	Level 1, Homework Assistance	*
Martin Murphy Middle School	Level 2, Homework Assistance	2:30-5:00pm
Oak Grove High School	Level 1, Homework Assistance	*
Oak Ridge Elementary School	Level 2, Safe and Accessible	2:00-4:30pm
Sakamoto Elementary School	Level 1, Homework Assistance	*
Santa Teresa Branch Library	Level 1, Homework Assistance	*
Santa Teresa Elementary School	Level 1, Homework Assistance	*
Santa Teresa High School	Level 1, Homework Assistance	*
Southside Boys & Girls Club	Level 1, Homework Assistance	*
Stipe Elementary School	Level 3, Comprehensive	2:30-6:00pm
Taylor Elementary School	Level 1, Homework Assistance	*
The Academy	Level 1, Homework Assistance	*
Villa San Pedro Apartments	Level 1, Homework Assistance	*
Village of Four Seasons Unit	Level 1, Homework Assistance	*

\* Homework Assistance offered at individual sites immediately following the end of the school day (approximately 2:30-3:30pm).